SIX Project Grades

On Microsoft Word or Power Point, create a document named the following:

PFPLastNameFirstInitial

Example: PFPRodriguezJ

1. Cover page (**1pt**):

Personal Fitness Program

Last Name, First Name

Period

2. Table of Contents (**1pt**). As you enter information about your level of physical fitness and your PFP you will place the title of the page on the table of contents and its page number (note: this should be in page order). \*

Example:

Cover Page………………… 1

Table of Contents………….. 2

PAR – Q …………………... 3-4

etc.

3. PAR – Q (**2pts**) questions and answers (see page 19 in the textbook) \*

4. Pre-Assessment Fitness Appraisal (**2pts**), along your standards for each physical fitness test.\*

5. With the help of the Pre-Assessment Fitness Appraisal, list your four physical fitness goals (**8pts**). Write the benefits of achieving each. Make sure to print out a copy for you to place somewhere visible. \*

6. Create a bar or scatter plot graph (**8pts**) comparing your pre-assessment fitness appraisal results to the standards. In a paragraph, discuss where you stand compared to the standards. Remember that you should only put like-measured tests on the same graph. Make sure to include ALL tests (including the shoulder stretch test)\*

***\* = These should be done BEFORE you begin the six-week Program of workouts and the food log.***

**You should be actively working on your PFP for a six-week period.**

**This six-week period is from November 29th to January 9th.**

7. Food Log (**12pts**): Keep a list of ALL of your food and fluid intake throughout the day for the six weeks.

Also, include a copy of your 24-Hour Caloric Expenditure vs. Input Project (2pts). After the six weeks, write a one-page reflection. Have you noticed a difference in your eating habits compared to the 24-Hour Caloric Expenditure vs. Input Project, since you began your personal fitness program? Explain? If not, what do you think about that?

8. Create an excel sheet or word chart to record your weekly cardiovascular, flexibility, and muscular strength and endurance work out schedules (**36pt**s). Your workouts should follow the guidelines provided for you (i.e. frequency, intensity, and time). Before each week, should create a schedule of exercise to stick to.

Columns should be the following:

* Cardiovascular Fitness: Date, exercise, time
* Flexibility: Date, exercise, sets, reps
* Muscular Strength & Endurance: Date, exercise, set, reps, and weight (if applicable).

This should be done ***according to the training guidelines (*FIT*)*** and on a weekly basis from **November 29th to January 9th .**

9. Include the final graph of progression (from start to finish) for all tests (mile, v-sit reach, trunk lift, push-up, partial curl-up, and shoulder stretch test). This will be the same as your graphs for the very last Lab Report that you write and turn in to me. (**12pts**)

Your PFP File is due on January 14, 2011

I must receive a printed copy.